

Food Safety after Transplant

After your transplant you will be taking medicines to help prevent organ rejection. These medicines make some foods unsafe to eat.

Here's what you need to know:

- 1. You should not eat grapefruit or drink grapefruit juice.** Grapefruit and grapefruit juice can increase the body's absorption of some transplant medicines. Increased levels of medicine can hurt your kidneys and cause other problems.
- 2. Food Safety** is more important than ever. Anti-rejection medicines suppress the immune system, making food poisoning more likely and more severe. Always keep raw meats and their juices away from ready-to-eat foods. Always wash your hands before eating.

Here's what to watch out for:

Eggs - Do not eat raw or runny eggs. Do not eat foods that are made with raw eggs, like cookie dough, cake batter, some salad dressings, and some sauces. Avoid homemade ice cream, eggnog, and mayonnaise. Commercial products that have been pasteurized are okay. It's okay to eat hard boiled or scrambled eggs.

Fish and shellfish - Do not eat raw fish, raw oysters, or other uncooked shellfish.

Meat and poultry - Cook all the way to "well done" (no pink).

Processed meats like hotdogs and sausages may be already cooked, but make sure you **reheat** them until steaming hot before eating.

Fruits and vegetables - Wash all fresh fruits and vegetables. Make sure fruit juices and ciders have been heated (pasteurized). Do not eat raw sprouts like alfalfa sprouts, which are sometimes contaminated.

Dairy products - Do not drink or eat raw or unpasteurized milk or cheese. Avoid soft cheeses such as Brie, Camembert and Feta unless made with pasteurized milk.